



HIGHLIGHTS OF SOUTH AMERICA — LAND AND SEA EXPEDITION

The legendary Panama Canal Sail through the legendary Panama Canal as we head off on a South American adventure. From the jungles of Central America to the high-altitude Andean Plateau of the Altiplano, you'll visit the community where Panama hats are made, as well as the intriguing ruins of ancient Chan Chan. After a week at sea exploring the highlights of the Pacific coast, your adventure turns inland, and discover Lima on a panoramic bus tour. Mysteries of the Andes Flying to the ancient Inca capital of Cusco, you'll discover the region's enigmatic treasures including Machu Picchu before continuing to high altitude Lake Titicaca. Here, you'll be welcomed by the Uru people who live upon floating islands, and visit the tombs of Sillustani. You'll return to Lima on your final stop, giving you the chance to find out all about South America's hottest culinary destination.



ITINERARY

DAY 1 Embarking at Colón

Get ready to start your adventure Your South American expedition cruise begins in Colón, which stands at the entrance to the Panama Canal on the Atlantic coast. It's a bustling cosmopolitan centre with hot springs, a thriving handicraft scene and wonderful local restaurants. If you'd like to explore more of Panama you can join one of our optional Pre-Programmes. However you choose to spend your time in Panama, your expedition ship will be ready and waiting. Once boarded, locate your cabin, explore the ship and get to meet your Expedition Team.



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DAY 2 Through the Panama Canal

Navigate one of the world's greatest engineering marvels Early in the morning, we'll enter the Panama Canal, a complex network of huge, ingenious locks stretching 50 miles through natural and man-made waterways. If weather allows, our Expedition Team will invite you on deck and tell the story of this ambitious project. Halfway through our transit, we'll enter the Gatun Lake section, which is one of the world's largest artificial lakes and is surrounded by verdant rainforest. Keep an eye out for crocodiles, alligators, monkeys and even sloths. After around twelve hours, we'll emerge into the Pacific, passing from one great ocean to another.

DAY 3 On the way to Ecuador

Enjoy a day at sea As we sail towards Ecuador take time to relax and get to know the ship better. Go out on deck and look out for wildlife – whales can often be seen in these waters. Your Expedition Team can be found in the Science Center, and they'll be giving some interesting talks on a range of topics. While you're there, why not find out about the Citizen Science projects we're running. Or if you'd simply like to relax and enjoy the journey, try out a hot tub or settle into the comfort of the Explorer Lounge & Bar and watch the world pass by. Later, a spot of stargazing from the deck is a lovely way to wind up your day.

DAY 4 Made in Montecristi

Discover the birthplace of Panama hats ... in Ecuador It's not every day that you get the opportunity to seek Neptune's blessing. We'll do just that in a traditional – and somewhat fun – ceremony as we cross the Equator in the early morning. Later, we'll dock at the port of Manta and set foot on South American soil as we visit the town of Montecristi. Known for its handicrafts,

you can buy a stylish genuine Panama hat here, expertly handwoven from the leaves of the jipijapa tree. Wander around this smart town and take a look at the imposing white church, or take in the colourful street art and murals. Returning to Manta, we'll pay a visit to the archaeological museum.

DAY 5 Bountiful Puerto Bolívar

Explore a bustling port with a charming atmosphere We have a fruitful day ahead exploring Puerto Bolívar, a port in the city of Machala that exports coffee, cocoa, shrimp and masses of bananas. Shipping more of Ecuador's 'green gold' than anywhere else in the country, Puerto Bolívar is dubbed 'Banana Capital of the World.' Machala itself has all the charm you'd expect from a small coastal city, including friendly locals, cosy plazas and striking monuments. You can try delicious fresh seafood at the harbour restaurants, taking in views of the mangrove swamps of Isla Jambeli. Then explore on foot the local markets, plazas and the Casa de la Cultura museum.

DAY 6 Science and leisure

Relaxation, research – or a bit of both Your Pacific coast cruise continues as we head towards Peru. As we sail, you might want to soak up the scenery on deck, dine on delicious food or just enjoy the onboard facilities. The Expedition Team will continue their talks in the Science Center, sharing insights on all kinds of topics. You might learn about Indigenous communities and cultures, local geology and pre-Columbian history, among other things. Out on deck, they'll help you identify the seabirds that like to follow our ship, as well as other wildlife. Our onboard photographer will be on hand with tips.

DAY 7 Trujillo and Chan Chan



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Discover Trujillo's ancient kingdoms Salaverry is the gateway port to Peru's third largest city, Trujillo, and some fascinating archaeological sites. Colourful Trujillo boasts a Baroque cathedral, colonial churches and Neoclassical mansions, as well as one of the longest mosaic murals in the world. Nearby, the vast ancient ruins of the Chimú city of Chan Chan date back to at least 900 CE. On the other side of Trujillo, the mysterious Mochican pyramids of the Sun and the Moon pre-date even that. Back on the ship, there will be a performance of traditional Peruvian dances.

DAY 8 Ancient and modern Lima

Explore 'The City of Kings' We'll disembark in Callao and transfer to Lima to discover its extraordinary blend of ancient and modern on today's guided panoramic bus tour. As well as the colonial architecture of the UNESCO-listed historic centre, we'll visit the sacred Inca pyramid of Huaca Pucllana in Miraflores and some of Lima's most beautiful parks, like El Parque del Amor, the Park of Love. We'll also visit the fascinating Larco museum which holds the best private collection of Pre-Columbian art in the country. You can then spend the rest of the day at your leisure before settling down for a relaxing evening at your hotel.

DAY 9 Imperial Cusco

Explore the centre of the Inca Empire After breakfast, you'll transfer to the Lima airport to catch your flight to Cusco – the Imperial City and archaeological capital of South America. Admire some of the finest examples of Inca history and architecture, like the Santo Domingo church, which was built on the Inca temple of Koricancha, and the Sacsayhuamán fortress, a 15th century ceremonial compound that boasts panoramic views of the city. Other tour highlights include a visit to the Sulca

Textiles museum and a stop at the main square to admire the stunning cathedral that dates back to Spanish colonial times. You'll then enjoy a comfortable night's stay at your hotel in Cusco.

DAY 10 Mystical Machu Picchu

Discover the Lost City of the Incas You'll start your day with a transfer to Ollantaytambo in the Sacred Valley. Then we'll board the deluxe Hiram Bingham train to Machu Picchu, enjoying brunch while the breathtaking Andean scenery rolls past. Estimated to have been built around 1450, Machu Picchu was abandoned during the Spanish conquest. It was hidden by jungle for centuries, and only rediscovered in 1911. The Incas left no written records, so mystery surrounds this magnificent stronghold. Enjoy the trails around the ruins, admire the precision Inca stonework and maybe meet some of the friendly resident llamas. After the day's adventures, we'll head back to Cusco for another relaxing overnight stay.

DAY 11 The Altiplano Path

Cross the awe-inspiring Andean Plateau Enjoy an unforgettable journey by bus across the Northern Andean Plateau, or the Altiplano as it's known. The Altiplano is one of the world's largest high plateaus and it sits at over 12,000 ft above sea level. The vast plateau extends into Bolivia, northern Peru and southern Chile. During this full day of adventure, you'll pass through breathtaking scenery and be awed by the imposing Andes. There will be many opportunities to photograph this remarkable landscape and you'll enjoy a delicious picnic lunch en route. At the end of your journey, you can rest and get ready for Lake Titicaca with a comfortable overnight stay in Puno.

DAY 12 The Uro people of Lake Titicaca



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See handwoven islands in South America's largest lake. The sheer beauty of Lake Titicaca will amaze you. You'll visit the rural community of Llachón, which has spectacular views over the lake. You'll enjoy a guided kayaking tour on the peaceful, deep blue waters. You'll also join a guided walk before joining a local family for a typical lunch. Next, we'll go on a boat tour to reach the Uro people on their floating islands, shimmering golden in the sun. These otherworldly islands are woven from the reeds that grow in the lake. At the end of the day, relax and reflect back at your hotel in Puno.

DAY 13 Sillustani tombs

Visit the Sillustani tombs. Before heading to the airport to catch your flight to Lima, there'll be time to stop at the Sillustani tombs, a pre-Inca burial place that's surrounded by Lake Umayo. The tombs or chullas are tower-like structures built above ground by the ancient Colla people, some as tall as 39 feet and big enough to hold entire families. Enjoy a picnic lunch by the shores of the lake in this peaceful and enigmatic place. After exploring this archaeological marvel, we'll continue to the local airport for our flight to Lima. Once we arrive in Lima, your local guide will transfer you to your hotel and you can enjoy the evening at your leisure.

DAY 14 Lima's UNESCO treasures

End your adventure in Peru's gastronomic capital. Your expedition ends in Lima, once known as 'The City of Kings'. Why not revisit Lima's historical centre, a jewel of Spanish architecture, from colonial-era churches and monasteries to elegant mansions. Known as the food capital of South America, you can choose from gourmet restaurants to unmissable street food. We recommend trying Peru's national dish ceviche, fish marinated in lime juice, onion and chilli. It's the perfect note on

which to end your adventure.

Please Note:

Itineraries are subject to change.



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YOUR SHIP: FRAM

YOUR SHIP:

Fram

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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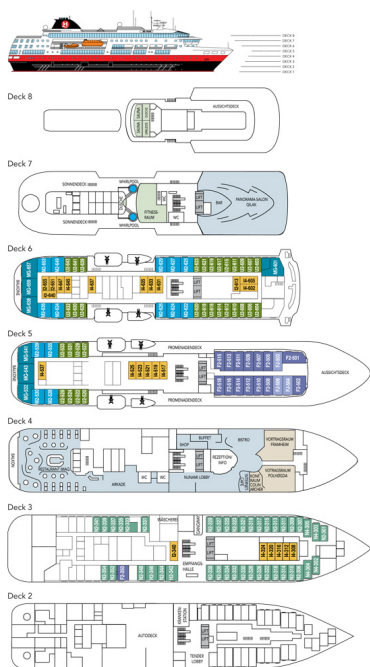
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